

# Hawaii Marine



Photos by Lance Cpl. Matthew Bragg | Hawaii Marine

Members of 3rd Marine Regiment form up in front of the pedestal where 119 names of fallen heroes of 3rd Marines were called on Marine Corps Base Hawaii, Thursday. Marines and sailors wearing black shirts ran up to the pedestal and hung their fallen service member's dog tags.

**Lance Cpl. Matthew Bragg**  
*Marine Corps Base Hawaii*

With operations winding down overseas, 3rd Marine Regiment continued the tradition of remembering 119 service members from the regiment killed in action in Iraq and Afghanistan with a memorial run followed by a ceremony, Thursday. Marines and sailors from the regiment gathered in formations at Landing Zone 216. Of these runners, 119 Marines and sailors each wore a black shirt that bore the words, "All gave some. Some gave all. In memory of our fallen brothers." In addition, each wore the dog tags of fallen service members. Sgt. Maj. Justin LeHew, sergeant major of 3rd Marines, reminded the Marines and sailors why they were there, and encouraged them to always honor their fellow service members. After the speech, the battalions right-faced and joined LeHew and Col. Nathan Nastase, commanding officer,



A Marine from 3rd Battalion, 3rd Marine Regiment slides his hand down a pair of dog tags as he hangs them upon the pedestal on Marine Corps Base Hawaii, Thursday. A total of 119 Marines and sailors who hung dog tags of fallen heroes wore black shirts that read, "All gave some. Some gave all. In memory of our fallen brothers."

3rd Marines, kicking off a 2.5-mile memorial run for motivation and to honor those who gave the ultimate

sacrifice during the tide of war. "I've been fortunate enough not to lose anyone in war I personally know,

but the spirit and motivation here is immense," said Cpl. Jose Leey, an awards clerk with 3rd Marines. "Some of my friends might not be here one day and, if it comes to that, I will honor them with the same love, respect and passion as the fallen brothers we are remembering today." Running down Mokapu Road, Marines could be heard a mile away, shouting cadence at the top of their lungs and added in an occasional spirited "ooh-rah." Making their way back to the starting point, 3rd Marines formed up in front of a platform where a pair of combat boots and a M16A4 service rifle stood in the middle with a desert Kevlar helmet sitting on top. Nastase hopped on the platform and addressed the Marines. "Marines and sailors, the easy part is over," Nastase said. "As we call the names of these 119 brave heroes who are no longer with us, I want you

*See RUN, A-8*

## Secretary of Defense visits Hawaii service members

**Lance Cpl. Suzanna Lapi**  
*Marine Corps Base Hawaii*

**JOINT BASE PEARL HARBOR-HICKAM, Hawaii** — Cpl. Thomas Hoerauf, a graphics specialist with Combat Camera and native of Vernonia, Ore., said he was excited when he heard Secretary of Defense Chuck Hagel would visit Hawaii service members, and looked forward to having the opportunity to ask a high ranking official a question. Inside Hangar 19 at Joint Base Pearl Harbor-Hickam, Hagel visited approximately 200 Hawaii-based military members from all branches to talk to and answer questions regarding topics that concern those who serve, May 30. Hagel, a former infantry noncommissioned officer who served in Vietnam and was awarded two Purple Hearts, discussed military budget cuts and their effect on service members' futures. Hoerauf said he viewed the opportunity to meet Hagel as a "going away present" since he is at the end of his active service. "I was really excited to hear about his visit," Hoerauf said. "His experience as a Vietnam War veteran is beneficial to have in office." The service members stood in formation listening to Hagel as he casually addressed them in front of a F-22 Raptor stealth fighter aircraft. Hagel began by empathizing with service members, saying he understood their struggles due to his own experiences. He also thanked them and their families



Lance Cpl. Suzanna Lapi | Hawaii Marine

Secretary of Defense Chuck Hagel addresses service members in Hangar 19 at Joint Base Pearl Harbor-Hickam, May 30. The Vietnam veteran is a former infantry noncommissioned officer and the recipient of two Purple Hearts. Hagel spoke to service members about current issues such as budget cuts and cyber threats.

*See SECDEF, A-3*



**FOOTY!**  
Marines compete with Australians in Footy game, **B-1**



**Rock this joint**  
Honolulu Museum of Arts offers "Let's Rock," **C-1**

**Saturday**  
High 84°  
Low 74°

**Sunday**  
High 84°  
Low 74°



# NEWS BRIEFS

## USO Hawaii hosts ‘Twilight Tribute to the Troops’

USO Hawaii is hosting a free “Twilight Tribute to the Troops” event at Sea Life Park, June 15. The park will be open exclusively for active duty service members and their families from 3 to 9 p.m. There will be giveaways, keiki activities and special entertainment.

Parking is limited, so carpooling is recommended. Free off-site parking is available at Bellows Air Force Station with continuous shuttle service to and from the park, beginning at 3 p.m. Attendees must present valid military identification card. For details, call 422-1213.

## Base commissary plans for Monday furloughs

When furloughs are implemented, most military commissaries including Marine Corps Base Hawaii will close one day a week on Mondays. The closures will be for up to 11 days between July 8 and Sept. 30. Closing commissaries on Mondays would be in addition to any day stores are routinely closed. Stores that routinely close Mondays would also close the next normal day of operation. For more information, visit <http://www.commissaries.com>.

## Massachussetts to hold election for U.S. Senate

The Commonwealth of Massachusetts will hold a special general election for U.S. Senate, June 25, to fill the seat vacated by Sen. John Kerry. Active duty service members, their spouses, dependents, and U.S. government employees serving outside the territorial limits of the U.S. must submit a Federal Post Card Application to request an absentee ballot.

Register to vote and request an absentee ballot electronically, by mail or fax, using the Federal Post Card Application automated tool at <http://www.fvap.gov/request/request-ma.html>. Indicate on the FPCA how you would like to receive your absentee ballot (by mail, fax or email). The FPCA request deadline is before noon, Eastern Daylight Time, June 24. Note you will not receive a ballot automatically, even if you voted in the Nov. 6, 2012 general election.

The deadline for votes received by fax, email, or mail from within the U.S. is before 8 p.m. EDT, June 25. Voted ballot received by election authority for ballots returned by mail from “outside” the U.S. should be postmarked by June 25 and received before 5 p.m. EDT, July 5. For more information, visit <http://www.FVAP.gov>, call 1-800-438-VOTE or DSN 425-1584 (CONUS)/312-425-1584 (OCONUS), or email [vote@fvap.gov](mailto:vote@fvap.gov). You can also contact your unit or installation voting assistance officers for assistance.

## Veterans Entrepreneurship Program

Applications are now being accepted for the Veterans Entrepreneurship Program through midnight Oct. 1. The VEP is an intense, eight-day training program at Oklahoma State University, which will cover topical modules comprising the critical areas of success for new and early stage ventures. These eight days are preceded by a five-week self-study component and are then followed by a 10-month period of mentorship and online peer-to-peer networking.

Travel expenses, lodging and meals for the Phase II bootcamp are provided at no cost to each delegate. Applicants are notified of admission or rejection on a rolling basis. Final notification is made to all applicants by Oct. 25.

Due to limited space, a signed commitment letter must be received within a week of acceptance. Applications are online at <http://entrepreneurship.okstate.edu/vep>. Contact Riata Center for Entrepreneurship at 405-744-7552, or at [vep@okstate.edu](mailto:vep@okstate.edu) with questions.

## Important phone numbers

On-base emergencies	911
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Base information	449-7110
MCB Hawaii Chaplain	257-3552
DEERS	257-2077

# Hawaii Marine

[www.mcbhawaii.marines.mil](http://www.mcbhawaii.marines.mil)

Commanding Officer	Col. Brian P. Annichiarico
Base Sergeant Major	Sgt. Maj. Robert E. Eriksson
Public Affairs Director	Capt. Pamela K. Marshall
Public Affairs Chief	Staff Sgt. Kristin Bagley
Managing Editor/Internal Media Chief	Sgt. Skyler Tooker
Combat Correspondent	Cpl. James A. Sauter
Combat Correspondent	Lance Cpl. Nathan Knapke
Combat Correspondent	Lance Cpl. Suzanna Lapi
Combat Correspondent	Lance Cpl. Matthew Bragg
Combat Correspondent	Lance Cpl. Janelle Y. Chapman
Photojournalist	Christine Cabalo
Photojournalist	Kristen Wong
Graphic Artist	Jay Parco

Hawaii Marine is an authorized publication for members of the Department of Defense.

Hawaii Marine is published by MidWeek Printing, Inc., a private firm in no way connected with the U.S. Marine Corps, under exclusive contract to the U.S. Marine Corps. Contents of Hawaii Marine are not necessarily the official views of, or endorsed by, the United States Government, the Department of Defense or the U.S. Marine Corps.

The appearance of advertising in Hawaii Marine, including inserts and supplements, does not constitute endorsement by the DOD, Department of the Navy or the U.S. Marine Corps of the products or services advertised.

Everything advertised in Hawaii Marine shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron.

Editorial content or public service announcements (i.e., all content other than paid advertisements) is edited, prepared and provided by the Public Affairs Office aboard Marine Corps Base Hawaii. Opinions expressed are not to be considered an official expression of the DOD, DoN or the USMC.

Hawaii Marine is a free publication available at stands on Marine Corps Base Hawaii and neighboring businesses. If you are interested in obtaining copies by mail, please contact MidWeek Printing, Inc. at 529-4700.

Submit items for Hawaii Marine to the managing editor no later than noon on the Friday prior to publication, using the following address:

Hawaii Marine, Box 63062, Building 216,  
MCB Hawaii, Kaneohe Bay, Hawaii 96863  
Email: [HawaiiMarineEditor@gmail.com](mailto:HawaiiMarineEditor@gmail.com)  
Fax: 257-2511, Phone: 257-8837



Cpl. James Sauter | Hawaii Marine

Chief Warrant Officer 2 Ioannis Vrachnos (second from left), the Marine units Navy-Marine Corps Relief Society coordinator and native of Bridgeport, Conn., congratulates Marines and sailors for raising \$156,000 for the 2013 annual Active Duty Fund Drive, \$20,000 more than the previous year.

# Navy-Marine Corps Relief Society coordinators awarded for hard work

## Lance Cpl. Janelle Y. Chapman

Marine Corps Base Hawaii

The Navy-Marine Corps Relief Society held an awards ceremony at the Officers’ Club on Marine Corps Base Hawaii, Wednesday. They recognized the Marines and sailors from various units on base who organized and collected donations for the 2013 annual Active Duty Fund Drive. They raised \$156,000 this year, \$20,000 more than the previous year.

“I wasn’t expecting to receive an award,” said Petty Officer 1st Class Heather Cornett, a yeoman with Fleet Logistics Support Squadron 51 and native of Corbin, Ky. “It’s an honor to receive this award and to be recognized for the hard work and dedication of the sailors and Marines.”

The NMCRS provides interest-free loans and grants for emergency needs, like medical bills or disaster relief assistance, scholarships and interest-free loans for education and financial counseling to help Marines, sailors and their families when in need. The society is supported by the Secretary of the Navy’s annual fund drive and direct mail campaigns from retired Marines and sailors.

The NMCRS does not pay for non-essentials, like vacations, fines, legal expenses or taxes. They also do not help families live beyond their means.

In 2012, the Marine Corps Base Hawaii and Joint Base Pearl Harbor-Hickam offices provided interest-free loans and grants for more than 2,000 clients. The organization distributed more than 150 bags of assorted baby items from Gerber and sent nurses to conduct more than 950 newborn home visits for military families in Hawaii.

“(The organization) does a lot more for Marines and sailors than people realize,” said Col. Brian Annichiarico, the Marine Corps Base Hawaii commanding officer. “It’s an organization that goes in and directly supports the Marines and sailors. It’s another piece of the puzzle that makes the Marine Corps so effective.”

The NMCRS is a private nonprofit charitable organization that has been helping Marines and sailors with financial issues since 1904.

The NMCRS’s website identified its mission as providing, in partnership with the Navy and Marine Corps, financial, educational, and other assistance to members of the naval services of the United States and eligible family members when in need.

“Our goal is for every Marine and sailor to become educated on the services NMCRS provides,” said Cheryl Milca, the director of NMCRS Kaneohe. “When a Marine or sailor is in financial hardship, chances are NMCRS will be able to help and make a difference.”

Active duty, retired Marines and sailors, eligible family members, widows and mothers 65 years or older of deceased Marines and sailors, and reservists on extended active duty greater than 30 days, can benefit from NMCRS.

If in need of assistance, contact the nearest NMCRS and make an appointment with a caseworker. If it is after hours and there is an emergency, the answering machine will give instructions with receiving assistance after hours.

To donate, service members can have pay deducted on an automatic allotment, donate online with a credit card, or send a check or cash.

# ENVIRONMENTAL CORNER

## Corals are alive

Ever wonder if corals are just pretty rocks or actually living organisms? Well, corals are in fact animals and alive, they provide the backbone to sustaining life on coral reefs. Individual “polyps” form colonies which build a skeleton out of calcium carbonate, and is the rock-like structure that we see. Coral reefs provide shelter for hundreds of species of marine life and can be looked at as mini underwater cities containing 25 percent of all fish species. Coral reef ecosystems also support a variety of human needs. They are important for subsistence, fisheries, tourism, shoreline protection, and yield compounds that are important in the development of new medicines. The Pacific supports 90 percent of U.S. coral reefs, and Marine

Corps Base Hawaii is the only Marine Corps base with coral reefs.

Humans impact the reef with pollution via household waste, old fishing line/nets and other debris that can damage and suffocate the coral. It is important to never allow any garbage or agricultural runoff to make its way into the ocean, to never stand on the reef, drop an anchor on coral or allow a boat, canoe or kayak to come in contact with the reef as you would be crushing part of the delicate ecosystem. Coral is also affected by climate change and is beginning to bleach in many parts of the world.

It is illegal to remove any part of coral or “live rock” from the ocean. While enjoying the reef please remember to look, but don’t touch.

For more information on coral reefs please contact the Environmental Compliance and Protection Department or visit the State of Hawaii or National Oceanic Atmospheric Association websites.



Courtesy photo



# AROUND THE CORPS

## 11th MEU welcomes Japanese Forces to Camp Pendleton for multi-national exercise

**Staff Sgt. Jimmy Bention**

*11th Marine Expeditionary Unit*

**MARINE CORPS BASE CAMP PENDLETON, Calif.** — Marines with the 11th Marine Expeditionary Unit command element, Combat Logistics Battalion 11, Camp Pendleton Supply Battalion, and Marine Aviation Logistics Support Squadron 39 conducted an In-Stream Offload with the Japanese Maritime Self Defense Force on Camp Pendleton’s Red Beach, May 31.

Marines conducted an administrative amphibious offload via landing craft air cushion for JMSDF ammunition, vehicle assets and personnel for the Camp Pendleton functional training phase of Exercise Dawn Blitz 13.2.

Dawn Blitz 13.2 is a scenario-driven exercise designed to test Navy and Marine Corps forces at the Marine Expeditionary Brigade and Expeditionary Strike Group level, while promoting military-to-military cooperation and interoperability with partnered nations. Participating countries include Canada, Japan, New Zealand and military observers from seven additional nations.

“Exercises of this nature will be conducted numerous times over the course of the MEU’s future deployment with various countries within the Central Command and Pacific Command areas of operations,” said Capt. Kirk Johnson, 11th MEU assistant logistics officer. “This exercise is a great opportunity to begin preparing and focusing the 11th MEU staff’s mindsets while simultaneously developing support templates and standing operating procedures.”

“This was really good for us because we got to see all the planning that we have been doing

for this exercise come to fruition,” said Staff Sgt. Juan Fisher, 11th MEU embarkation chief. “This exercise also was a blessing because we got to work hand in hand with CLB-11, our assigned logistics combat element unit for the upcoming deployment. This will enable us to start building those best practices as we move into our deployment cycle. It will also allow those who were on the last deployment to teach those Marines who don’t have this type of experience.”

Japanese forces will join Canadian, New Zealand and U.S. forces to learn, train, and hone amphibious capabilities by conducting shared training to enhance military-to-military cooperation.

“I was eager to see if the plan we put together would work,” said Capt. Nobuyoshi Makita, Western Army Infantry Regiment logistics officer. “I have worked with the Marines twice with ‘Iron Fist,’ but this is the first time conducting amphibious logistics. I am glad that the plan came together and we were able to execute it without any major complications. So far it has been a very educational experience and I am learning a lot about how the Marines structure their assignments and personnel. I look forward to learning a lot more over the next month.”

Dawn Blitz 13.2 will fulfill multiple training objectives between the U.S. and its partners. Over the next month, service members from participating nations will conduct amphibious assaults, counter-mine operations, live-fire ranges, Maritime Prepositioning Force training and seabasing operations.

At the conclusion of this exercise, the 11th MEU will be prepared to conduct amphibious operations to respond to a global crisis and project power ashore wherever directed.



Cpl. Jonathan R. Waldman | 11th Marine Expeditionary Unit

**A Marine from Combat Logistics Battalion 11 and a Japanese Ground Self Defense Force soldier off-load ammunition crates for Exercise Dawn Blitz 13.2, May 31.**

## Maintenance Marines endure forced march to test fitness

**Lance Cpl. Sullivan Laramie**

*2nd Marine Logistics Group*

**MARINE CORPS BASE CAMP LEJEUNE, N.C.** — Sweat stained their uniforms and dripped from their faces as Marines and sailors with 2nd Maintenance Battalion, 2nd Marine Logistics Group trekked along the dusty back roads of Marine Corps Base Camp Lejeune, N.C., May 29.

More than 500 service members with the battalion hiked 10 miles and carried up to 40 pounds of gear, including flak jackets, Kevlar helmets and rifles.

“We have to maintain basic Marine Corps skills,” said Capt. Patrick W. Bowman, the battalion’s executive officer. “Everything a basic Marine needs to know how to do, we also have to (do proficiently). It’s unlikely that we’ll have to execute (a forced march) at this point in time, but we have to make sure the Marines are ready.”

The unit prepared for the hike with a month of exercises



Lance Cpl. Sullivan Laramie | 2nd Marine Logistics Group

**Two Marines with 2nd Maintenance Battalion, 2nd Marine Logistics Group face off with pugil sticks during a battalion competition during the unit’s forced march aboard Marine Corps Base Camp Lejeune, N.C., May 29.**

designed to acclimate its service members to long periods of challenging physical activity. The command also monitored what the Marines and sailors ate and drank for 72 hours before the hike to make sure they were in the best condition possible.

“(The hike) was definitely a good mental experience,” said

Lance Cpl. Andrew L. Sirois, a machinist with the unit. “It was something I had to go beyond physically to get through. It’s a lot of strain on the body, but if you keep your head in the right place, it’s something the strong minded will overcome ... no matter how physically exhausted they are.”

The service members, who

had been walking for almost four hours, took a break nine miles into the hike for a competition between the battalion’s companies. Two members from each company battled members of rival companies in pugil stick fights. A pugil stick is a padded weapon, used to represent a rifle and bayonet for training purposes.

Fights with the simulated weapons are conducted with additional protective gear, including football helmets, hockey gloves, and groin and chest protection. The matches were refereed by Marine Corps Martial Arts Program instructors to ensure the safety of the participants.

“It caught me by surprise,” said Sgt. Michael T. Baker, an automotive maintenance technician with the unit, who participated in the fights. “I was tired, but I wanted to put on a show for the Marines. I just had to try my best.”

The award for the winning company was the right to turn its weapons into the armory first, which allowed the Marines and sailors to leave for breakfast first.

“(The hike) was painful for everyone,” said Bowman. “The Marines who participated in the pugil stick fights realized they always have to be ready. By that last stop, they were already physically exhausted, but there’s always a fight after the fight.”

## Afghan National Army receiving combat training after boot camp

**Sgt. Bryan Peterson**

*Regional Command Southwest*

**CAMP SHORABAK, Afghanistan** — Up until three weeks ago, Afghan National Army soldiers graduating basic training at Camp Shorabak, Afghanistan would attend job training, head out to their respective units and fight the enemies of Afghanistan who have plagued this war-torn country for many years.

The soldiers learned to fight by following seasoned soldiers who once fought shoulder to shoulder with coalition forces. May 23, however, marked a milestone when ANA 215th Corps’ newest Engineer Kandak, or battalion, graduated the ANA’s Regional Military Training Center’s Reception, Staging, Onward Movement and Integration training. The training is designed to build on a soldier’s skill set learned during basic training. The graduation was significant as it marked the first time ANA soldiers received combat training right after basic training and before being forward deployed in an operational environment. In the past, the need for soldiers at the battalions was too great to wait until RSOI training was complete, leaving the brigades no choice but to send soldiers through RSOI during

lulls in fighting.

But now ANA numbers in Helmand province are at sustainable levels, said U.S. Marine Capt. Ted Schroeder, the infantry branch officer in charge with Regional Corps Battle School (Southwest), which advises the RMTC in ANA soldier development. The ANA brigades are at a point where they can ensure soldiers are “better prepared” for combat and arrive to their unit ready to contribute to Afghanistan’s future, he said.

The RSOI training will continue to serve as a refresher for veteran ANA soldiers, and though there is no set date, RSOI will eventually become reset training for all units as part of a continuous cycle of deploy, dwell and reset.

This is how it will work: A 215th Corps unit will be forward deployed somewhere in Helmand province for nine months. Once their deployment is over, they will take one month of vacation. When they come back, they will spend two months taking accountability of their troops and executing RSOI.

The three-week RSOI training includes an Explosive Hazard Reduction Course, a Combat Lifesaver Course, a Small Arms Course, a Tactical Leaders

Course for officers, a Small-unit Tactics Course for noncommissioned officers, a Small Weapons Course and a Tactical Vehicle Driver Course. The training also includes a one-day class in law of war and communication classes, and then culminates with a field exercise that combines everything the soldiers learn.

A soldier with the kandak, ANA Sgt. Ewaz Ali, is happy to have received combat training in addition to the training for his job as an engineer. He said the time will come when he must pick up a rifle and fight.

“I feel like I’m fully prepared to do anything now,” said Ali. “If (engineers) have to travel anywhere to do our job and we get attacked, we will have the training to rely on and we will be okay.”

Ali said he had friends who have gone straight from basic training to combat. But his friends, he said, were “fighting with coalition forces, so they were learning and gaining experience at the same time.”

Schroeder, a Clifton, Idaho native, said it is important that Afghans teach other Afghans. Currently, 25 ANA soldiers at RMTC either teach completely on their own without coalition assistance, or are undergoing “train the trainer” certification. The

“train the trainer” method has become widely used in Afghanistan by security force assistance personnel. Select ANA soldiers learn critical capabilities and then train others. It is an important strategy and one in which the success of the Afghan National Security Forces is dependent on as coalition forces draw down in Afghanistan.

The instructors don’t stay for long periods of time, however, and aren’t assigned to RMTC. They are instead “on loan” from the four ANA brigades inside the 215th Corps.

“The brigades ... send their best and brightest soldiers down here to teach other soldiers in the 215th Corps,” said Schroeder. “But they don’t stay here long. Their chain of command wants them back because they are great soldiers and leaders. It’s not like our system where a (service member) gets assigned as an instructor for (about) three years at a school house and then moves on to his next duty station.”

Schroeder said he and other staff members at RCBS are working with RMTC leadership on ways to institute a long-term staff of Afghan instructors. He said the ANA soldiers “have to teach their own,” to build that trust within their own institution.



# Keep calm, beat the storm:

## Preparing for hurricane season

**Kristen Wong**  
Marine Corps Base Hawaii

Though summer is usually associated with fun in the sun, hurricane season runs from June 1 to Nov. 30, and while families are planning vacation time, they may also want to consider an emergency plan.

Numerous areas worldwide have felt the effects of hurricanes, large and small, and Hawaii is no exception. The islands have endured several hurricanes over the past few decades. The last hurricane to cause significant damage and loss to the islands was Hurricane Iniki, in 1992.

According to a September 1993 report found on the National Oceanic Atmospheric Association Coastal Services Center website, Hurricane Iniki tore through the island of Kauai and also caused some damage on Oahu's Leeward coast, Sept. 11, 1992.

According to the report, the damage done by Hurricane Iniki cost an estimated \$1.8 billion. The hurricane killed six people, and injured more than 1,000. The center stated about 1,500 homes were destroyed in addition to other damages.

Since then, a number of hurricanes, such as 2009's Hurricane Felicia, reduced in intensity by the time they reached the islands, bringing heavy flooding, according to the Central Pacific Hurricane Center.

So, what will Marine Corps Base Hawaii do during a natural disaster? At the forefront of emergencies on base is the Emergency Operations Center. Under the direction of the EOC, various shelters will be established on base, and personnel from units will be designated to manage each shelter.

The places currently listed as emergency shelters are the Enlisted Club at Kahuna's Bar and Grill, the base theater, Chaplain Joseph W. Estabrook Chapel, the Semper Fit Center and the Youth Activities Center. However, these places are always subject to change in an emergency and may not be open. Base families should also be aware that a pet shelter will be determined. Pets must be kept in carriers at all times in the shelters.

Families can tune into emergency announcements on TV and on the base Facebook page. The "Giant Voice," which can be heard across the base, will make announcements. The Public Affairs Office and military police officers from the Provost Marshal's Office will inform families of updates.

"Prepare your family, prepare emergency go kits for the shelter," said Jacque Freeland, the emergency manager of MCB Hawaii, who works with the EOC. "MCB Hawaii will not have comfort or essential items at the shelter until



Hurricane Iniki kicked up debris at the height of its power, spreading destruction in the middle of Lihue, Kauai, Sept. 11, 1992. The state hurricane relief fund was established following the devastation of Hurricane Iniki to reduce the risk of future losses from hurricanes.

after an event."

Families are strongly encouraged to have emergency kits, which should include crucial items such as important documents, flashlights, medication and food. Although the base recommends at least 72 hours worth of provisions, Aleena O'Connor, the EOC coordinator on base, recommended families try to have 10 days worth of provisions if possible.

In the case families do not need to be evacuated from their house, they can still take measures to protect themselves. Families who are not told to evacuate are advised to bring their pets indoors, turn off air conditioning, board up windows, turn the cold air in the refrigerator to its maximum temperature and fill containers with at least three days' worth of water for the family. Families are also

advised to stay tuned into the radio and TV.

After the hurricane passes through, the EOC undergoes two operations: "make safe" and "all clear." During the "make safe" portion of an emergency, representatives from the Facilities Emergency Response Recovery Team will conduct an assessment to determine whether it is safe for families to return home. During the "all clear" portion, families can return home while shelters may remain open.

For more information about emergencies on base, call 257-3022, or visit <http://www.mcbhawaii.mil>, click on "Safety" on the right hand side of the homepage, and click on "Disaster Preparedness." There is also information available at <http://www.oahuDEM.org>, <http://www.getreadyhawaii.org> or call the Department of Emergency Management at 723-8960.

### Disaster supply kit

- ☐ At least one gallon of water daily per person for 3 to 7 days
- ☐ At least enough food for 3 to 7 days. Emergency food includes non-perishable packaged or canned food, juices and snack foods. Include special foods for infants or the elderly in your family if necessary.
- ☐ Kitchen supplies include a non-electric can opener, cooking tools, cooking fuel, disposable plates and utensils
- ☐ Bed items such as blankets and pillows
- ☐ Clothing should include seasonal clothing, rain gear and sturdy shoes
- ☐ First aid kit / medicines / prescription drugs
- ☐ Special items - for babies and the elderly
- ☐ Toiletries / hygiene items / moist wipes
- ☐ Flashlight / batteries
- ☐ Radio - battery operated and NOAA weather radio
- ☐ Cash - banks and ATMs may not be open or available for extended periods
- ☐ Keys
- ☐ Toys, books and games
- ☐ Important documents should be kept in a waterproof container and include insurance cards, medical records, bank account numbers, Social Security card, etc.
- ☐ Tools - keep a set with you during the storm
- ☐ Vehicle fuel tanks filled
- ☐ Pet care items, such as proper identification, immunization records, medications, ample supply of food and water, a carrier or cage, muzzle and leash

Source: The Central Pacific Hurricane Center

### Emergency shelters on base\*

**Enlisted Club at Kahuna's Bar and Grill**  
**Youth Activities Center**  
**Semper Fit Center**

**Chaplain Joseph W. Estabrook Chapel**  
**Base theater**

\*Note: Shelters are subject to change during emergencies

### Emergency shelters on the Windward Coast (Kahuku-Waimanalo)

**Ahuimanu Elementary School [S]**  
**Aikahi Elementary School**  
**Benjamin Parker Elementary School**  
**Brigham Young University of Hawaii [S]**  
**Castle High School [S/P]**  
**Enchanted Lake Elementary School [S]**  
**Heeia Elementary School [S]**  
**Kahaluu Elementary School [S]**  
**Kahuku Elementary School**  
**Kahuku High and Intermediate School [S/P]**  
**Kailua Elementary School [S]**  
**Kailua High School [S/P]**  
**Kailua Intermediate School [S]**  
**Kainalu Elementary School**  
**Kalaheo High School [S/P]**

**Kaneohe Elementary School**  
**Kapunahala Elementary School**  
**Keolu Elementary School**  
**King Intermediate School [S/P]**  
**Lanikai Elementary School [S]**  
**Maunawili Elementary School [S]**  
**Blanche Pope Elementary School [S]**  
**Puohala Elementary School**  
**Waiahole Elementary School [S]**  
**Waimanalo Elementary and Inter. School [S/P]**

Facilities designated to serve as special needs shelters provide limited support to persons with special health needs. Special

health needs evacuees must either be capable of taking care of their own needs or be accompanied by a caregiver. Pet-friendly shelters are co-located with some general population shelters. Household pets entering a pet-friendly shelter must be caged for safety and owners should provide water and food for their pets.

**Legend:**  
**S = Special needs + general population**  
**P = Pet friendly + general population**  
**S/P = Special needs + pet friendly + general population**

Source: Dept. of Emergency Management, City & County of Honolulu

### Before the storm

- Determine safe evacuation routes inland
- Learn locations of official shelters
- Check emergency equipment, such as flashlights, generators and battery-powered equipment such as cell phones and your NOAA Weather Radio All Hazards receiver
- Buy food that will keep and store drinking water
- Buy plywood or other material to protect your home if you don't already have it
- Trim trees and shrubbery so branches don't fly into your home
- Clear clogged rain gutters and downspouts
- Decide where to move your boat
- Review your insurance policy
- Find pet-friendly hotels on your evacuation route

Source: "A Preparedness Guide," compiled by the U.S. Department of Commerce, National Oceanic and Atmospheric Administration, and National Weather Service



# ‘Island Warriors’ splash, assault during water-training exercise

**Lance Cpl. Matthew Bragg**  
*Marine Corps Base Hawaii*

Marines from Golf Company, 2nd Battalion, 3rd Marine Regiment, executed water-training exercises with amphibious assault vehicles in Kaneohe Bay near the Pacific War Memorial, Tuesday.

Each platoon took separate turns boarding the AAVs, which were piloted by Marines of Combat Assault Company, 3rd Marines.

After the platoons filled three to four vehicles, the Marines were carried out into Kaneohe Bay approximately 500 meters from the shoreline. From there the AAVs turned around and drove back to shore for the second portion of training at Boondocker Training Area.

“The Marines are getting familiar with the water and the vehicles,” said 1st Lt. Kyle Durant, platoon commander of AAV platoon, Combat Assault Company, 3rd Marines. “The purpose of this exercise is to help the Marines better understand how to use the vehicles.”

During first platoon’s amphibious training, one of the AAVs lost power, forcing the Marines from the other AAVs to adapt and overcome. Marines tied two ropes to the front of the broken-down AAV and towed it back to the shoreline to assess the vehicle and continue training.

“It’s a good feeling to see the Marines come up with a solution to a problem they didn’t expect to happen,” Durant said. “It gives them a sense of knowing what kind of problems could occur on the



Lance Cpl. Matthew Bragg | Hawaii Marine  
**An amphibious assault vehicle makes its way back to shore during a water-training exercise aboard Marine Corps Base Hawaii, Tuesday. The purpose of the exercise was to familiarize Marines with the AAV, how it’s operated and their role within the vehicle.**

battlefield, and the problems they face today will help prepare them for that.”

The role of the CAC Marines is to transport infantry units while communicating with other AAVs to address potential threats.

“Our units are basically on standby when we’re in an AAV,” said Lance Cpl. Melbin Hall, a rifleman with 2nd Bn., 3rd Marines. “In case of enemy fire, we’ve got guys stationed by the hatches to man the MK19 and

.50-caliber machine guns.”

Once the AAVs reached the shoreline, the crew conducted a quick maintenance check before carrying the platoon aboard to the military operations on urban terrain compound at Boondocker Training Area to perform assault raids and house-to-house clearing. At the MOUT town, the AAVs lowered their doors and Marines practiced exiting and boarding procedures.

“This exercise is different

than our usual MOUT town raids,” said Pfc. Konstantin Alekhanov, a rifleman with 2nd Bn., 3rd Marines. “It’s a new experience learning how to exit the AAV with your fire team and knowing where to move to once you’re out in the open.”

The platoon separated into individual fire teams and took turns raiding the entire compound.

The fire teams also communicated with each other

via radio as they maneuvered through the streets. Upon finishing their assault on the compound, the Marines withdrew to the AAVs while providing cover for each other.

“The water training gives us an opportunity to learn something new while completing routine training, like raiding the MOUT town,” Alekhanov said. “I think everyone is eager to complete this training and increase our overall combat proficiency.”



THERE IS NO DENYING IT: SOCIAL MEDIA IS EVERYWHERE AND IS ON THE RISE. IT'S TIME TO LEARN...

# HOW CAN YOU PROTECT YOURSELF?

## LIMIT THE AMOUNT OF PERSONAL INFORMATION YOU POST

Do not post information that would make you vulnerable, such as your address or information about your schedule or routine. If your connections post information about you, make sure the combined information is not more than you would be comfortable with strangers knowing. Also, be considerate when posting information, including photos, about your connections.

## REMEMBER THAT THE INTERNET IS A PUBLIC RESOURCE

Post only information you are comfortable with everyone seeing. Beware that other people may forward your information to others. This includes information and photos in your profile and in blogs and other forums. Also, once you post information online, you can't retract it. Even if you remove information from a site, saved or cached versions may still exist on other people's machines.

## BE WARY OF STRANGERS

The Internet makes it easy for people to misrepresent their identities and motives. Consider limiting the number of people who are allowed to contact you through these sites. If you interact with people you do not know, be cautious about the amount of information you reveal and about agreeing to meet them in person. Only "friend" people you know.

## BE SKEPTICAL

Don't believe everything you read online. People may post false or misleading information about various topics, including their own identities. This is not necessarily done with malicious intent; it could be unintentional, an exaggeration, or a joke. Take appropriate precautions, though, and try to verify the authenticity of information before taking action. Be suspicious of email or messages that contain an urgent request or ask you to update or provide new information, as well as emails and messages with misspellings or bad grammar, especially from someone who is usually a good writer. In addition, don't click on links or open attachments that look suspicious. If it sounds off or too good to be true, it probably is.

## EVALUATE YOUR SETTINGS

Take advantage of a site's privacy settings. The default settings for some sites may allow anyone to see your profile. You can customize settings to restrict access to certain people. However, there is still a risk that even this information could be exposed, so don't post anything that you wouldn't want the public to see. Also, be cautious when deciding which applications to enable, and check your settings to see what information the applications are able to access.

## USE STRONG PASSWORDS & USE CARE WHERE YOU ENTER THEM

Protect your account with passwords that cannot easily be guessed. Don't pick a word from the dictionary. Try to use a combination of at least eight letters, numbers, and symbols. Also, use different passwords for all of your online accounts. If your common password is compromised, you could lose access to all of your accounts at once, and someone else may be able to access your account and pretend to be you. Be careful where you enter passwords. Just because a page on the Internet looks like Facebook or other sites you use, it doesn't mean that it is. If you have doubts about whether a link is real, simply type the website's URL (ex: <https://www.facebook.com>) into the browser's address bar. Facebook will never ask you for your password, except to log in. Never send your password in an instant message or an email. Lastly, add security questions to all of your online accounts that offer them, but don't use answers available on your profile (e.g. mother's maiden name, high school mascot, etc.). Security questions come in handy if you lose access and need to prove who you are.

## USE CARE ON UNSECURED PUBLIC WIRELESS NETWORKS

Be careful when accessing or sending information over an unsecured public wireless network. Don't send sensitive information if you can't verify that a Wi-Fi network is secure. Enable secure browsing by using "https" URLs. Select https in the account setting menu or type [https://\(thewebsitewhoyouwant\)](https://(thewebsitewhoyouwant)) to access the site.

## UNAUTHORIZED REQUEST?

Immediately report contact, including through social networking sites, with any person regardless of nationality, in which illegal or unauthorized access is sought to classified or otherwise sensitive information to NCIS.

## CHECK PRIVACY POLICIES

Some sites may share information, such as email addresses and user preferences, with other companies. This may increase the amount of spam. Also, try to find the policy for referrals to make sure you do not unintentionally sign your friends up for spam. Some sites continue to send email messages to people you refer until they join.

## USE AND UPDATE SECURITY SOFTWARE

Security software should include anti-virus, anti-spyware, anti-phishing components, and a firewall. Anti-virus software recognizes most known viruses and protects your computer against them, so viruses are detected and removed before doing any damage. Because attackers are continually writing new viruses, it is important to keep your software up-to-date. In addition, make sure you have an up-to-date web browser, such as Internet Explorer, with an anti-phishing blacklist. And remember to set your operating system, such as Windows, to update automatically.



REPORT IT! Phone 1-800-543-6289 | Web [www.ncis.navy.mil](http://www.ncis.navy.mil) | Text "NCIS" + your tip info to CRIMES (274637)



SECDEF, from A-1

for their sacrifices.

Hoerauf said he wanted to ask Hagel about the U.S. Department of Veterans Affairs’ progress being backlogged and what was being done to streamline the process, and was glad to get an answer right from the source.

“It needs to get fixed,” Hagel said. “We’ll do more, you have my word.”

Hoerauf said Hagel’s response felt direct, saying that the department wants to make the claims process digital, since right now everything they do is on paper and that’s outdated.

“He said that he would fix it,” Hoerauf said. “I liked hearing that straight answer.”

Among other topics, Hagel discussed cyber threats, military members’ welfare and the military’s shift of focus to the Pacific.

“We are increasing our assets and rebalancing into the area,” Hagel said. “We have made some decisions to put Marines in Australia, Japan and Guam.”

At the end of questions, Hagel handed out his challenge coin to every service member in the hangar, shaking hands and personally greeting them as they smiled for a photo.

Hagel finished talking to the service members with a joke.

“It’s just too bad you’ve been assigned here,” Hagel said. “I know you’ll struggle through it. Good luck to you, much success to you and thank you.”



Lance Cpl. Suzanna Lapi | Hawaii Marine

Secretary of Defense Chuck Hagel takes a photo with Cpl. Shane Owens, S-3 training noncommissioned officer, 3rd Marine Regiment, during a visit to Joint Base Pearl Harbor-Hickam, May 30.



Lance Cpl. Matthew Bragg | Hawaii Marine

Members of 3rd Marine Regiment run down Mokapu Road on Marine Corps Base Hawaii to honor fallen heroes from 3rd Marines, Thursday. Marines and sailors ran two and a half miles before beginning a ceremony to pay respects to members of 3rd Marines who were killed in Iraq and Afghanistan.

RUN, from A-1

to remember their sacrifices and give them the ultimate respect.”

The ceremony began with calling the names of the fallen Marines who served in the regiment’s three battalions. For every name called, a Marine wearing a black shirt and dog tags of a fallen hero ran up to the pedestal. In front of the pedestal, each Marine removed the dog tags and placed them on the pistol grip, then took a brief position of attention as a final sign of respect.

“It’s difficult to hold your composure when removing those dog tags from your neck and hanging them on that rifle,” Leey said. “The best thing you can do is honor (the life) they lived.”

“This symbolizes all of the friends we’ve lost

in combat,” said Cpl. Shane Owens, a training noncommissioned officer with 3rd Marines. “We do this to give our respect, and from here we move forward and celebrate each and every one of them.”

Thursday may have marked a special tradition for 3rd Marines, but the date is also historically significant. On June 6, 1944, Operation Overlord, also known as D-Day, marked the beginning of the end of the war in Europe as more than 156,000 American, British and Canadian forces stormed the beaches of Normandy, France and marked the beginning of the end of the war in Europe. The event is remembered as the largest amphibious assault in military history. All of the heroes from D-Day are given the utmost respect as they are remembered and honored annually.



# Sports & Health



Sgt. Sarah Fiocco | Marine Rotational Force — Darwin

Lance Cpl. Elias Taylor, team leader, third platoon, Lima Company, 3rd Battalion, 3rd Marine Regiment, Marine Rotational Force — Darwin, tackles Capt. Raymond L'Heureux, commanding officer, Lima Co., 3rd Bn., 3rd Marines, MRF-D, during a practice Australian rules football game at TIO Stadium, May 26. This was the Marines' first footy practice before their big game, Saturday.

## MRF-D kicks off first footy practice

**Sgt. Sarah Fiocco**  
*Marine Rotational Force — Darwin*

**MARRARA, Northern Territory, Australia** — Marines with Lima Company, 3rd Battalion, 3rd Marine Regiment, Marine Rotational Force — Darwin, tackled their first Australian-rules football practice at the TIO Stadium, May 26.

The MRF-D Marines learned the basics of “footy” during the practice, which will prepare them for their first match, Saturday.

The objective of the game is to move the ball down the field and kick it through the opposing team's goal posts, while weaving in and out of opponents.

“We just taught them how to kick, how to handball and then the two ways we dispose of the ball,” said Travis Edwards, assistant coach of Northern Territory Thunder, who led the Marines' practice.

The game is similar to American football, but only in the fact that there is a ball, goal posts and players can tackle.

Players can move anywhere on the field and can run with the ball for as long

as they like. However, they must bounce or touch it to the ground every 15 meters, said Edwards, explaining how the game differs from American football.

Edwards said even though the Marines have no experience playing the game, he was impressed with their progress in the first practice.

“They actually did quite well, seeing as they have never played it before, and I think only one or two have watched a game,” said Edwards. “They have some spirit and obviously athletic ability.”

Even with little playtime, the Marines

are still looking forward to competing in their first footy game.

“I have seen it on TV two or three times. We are coming out here kind of blind,” said Lance Cpl. Elias Taylor, team leader, third platoon, Lima Co., 3rd Bn., 3rd Marines, MRF-D. “It is a lot more running than any other sport I have ever played.”

“We are going to be playing against a bunch of people who have been playing this game their whole lives,” he continued. “It is more for fun. If we come off the field having fun, then everybody wins.”



A Provost Marshal's Office intramural softball team player swings at a pitch during a game against Marine Corps Air Station Kaneohe Bay team at Annex Field, Monday.



A Marine Corps Air Station Kaneohe Bay intramural softball team player sprints to home plate during a game against the Provost Marshal's Office team at Annex Field, Monday.

## PMO clinches close call against MCAS, 10-9

**Story and photos by**  
**Lance Cpl. Suzanna Lapi**  
*Marine Corps Base Hawaii*

The Marine Corps Base Hawaii Provost Marshal's Office intramural softball team, “Armed and Dangerous,” clinched a close 10-9 victory over the Marine Corps Air Station Kaneohe Bay team, “Flashpoint,” at Annex Field, Monday.

Through a strong defense and solid offense, PMO showed deadly force from the beginning of the game, scoring seven runs by the second inning and not letting MCAS score until almost halfway through the battle.

Benjamin Clark, the MCAS right fielder, said his team started off slow.

“We got started with the game dry and flat,” Clark said. “But we came back finishing strong, just not strong enough.”

PMO made quick movements, catching line drives and pop-ups with ease throughout the game. MCAS struggled

to keep PMO from scoring due to dropping fly balls after miscommunication as to who would make the catch.

MCAS scored their first run after a sacrifice fly, but wasn't able to secure any more runs due to PMO's stellar defensive performance.

When MCAS returned to the field after their first run scored, PMO scored back-to-back runs with base hits, bringing the score to 9-1. After a scramble for first base, PMO retained the lead and scored another run, making it 10-1.

Adam Massong, coach and left fielder for PMO, said his team got off to a good start with base hits, but made mental mistakes toward the end of the game.

MCAS made a major comeback with PMO now dropping the ball during confusion. MCAS monopolized and scored, 10-2. After MCAS had the bases loaded, PMO made another dropped ball mistake and MCAS brought the score to 10-7.

At the top of the sixth inning, PMO was at bat and MCAS kept them from scoring the rest of the game.

Flashpoint had the last at bat. The PMO team's pitcher walked the first batter, putting a MCAS runner on first. The MCAS team advanced a runner to second bases after a line drive to the outfield, putting runners on first and second plates.

After another line drive, MCAS brought the score to 10-8. The PMO team dropped another pop fly after miscommunication, and MCAS scored the final run, bringing the final score to 10-9.

Massong said despite MCAS's comeback, his team never underestimated their opponents.

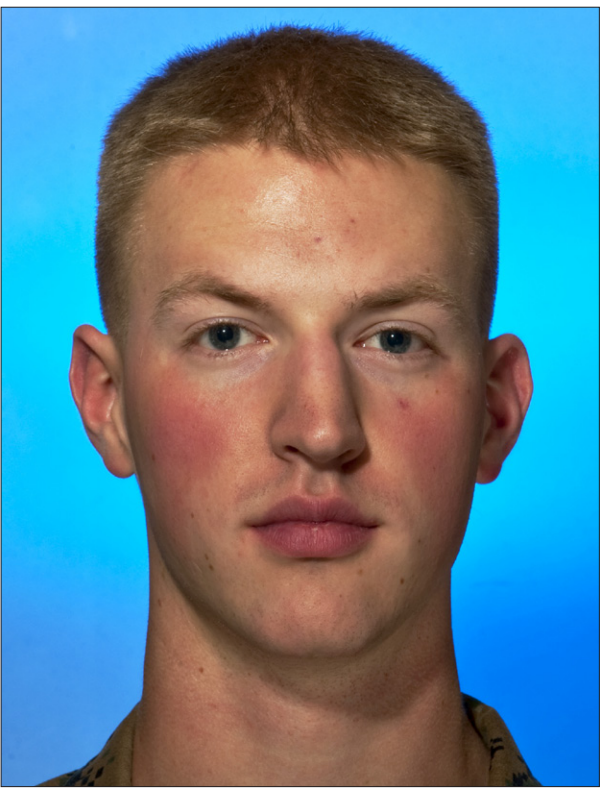
“We just got tired toward the end and started making little mistakes,” Massong said. “We need to learn to communicate better. If we talk to each other more, the problem will be fixed.”

Clark said he believes MCAS is a good team. “We need to be energized from the get-go,” he said. “Our bats got hot hitting well, and if we get that motivation out of the gates, we can beat anyone, any day.”





BRAGG



SAUTER

Versus is a recurring column tackling debatable issues in the sports and entertainment world. Hawaii Marine readers can submit a subject for future columns by emailing their ideas to [HawaiiMarineEditor@gmail.com](mailto:HawaiiMarineEditor@gmail.com). If there’s a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your “opinion,” regardless of how wrong it is, featured below. Suit up ladies ... it’s game time.

## Should the fight between Velasquez, Silva have ended differently?

Lance Cpl. Matthew Bragg VS. Cpl. James Sauter

**BRAGG:** Dominating the octagon May 25, Cain Velasquez proved yet again why he’s the heavyweight champion after defeating his opponent, Antonia Silva, in just over a minute. In 81 seconds, Velasquez had Silva on his knees, bloodied and tired, as the referee stopped the match and called a technical knockout in favor of Velasquez. With a height of 6 feet 1 inch and only weighing 240 pounds, Velasquez had the advantage when entering the ring against opponents from his division. Despite weighing noticeably less than other opponents, Velasquez still packs a heavy punch. All of this combined makes Velasquez a formidable fighting force and worthy of the heavyweight belt.

**SAUTER:** Velasquez knocked out Silva in 81 seconds by beating his face to a pulp but that is not a reflection of either fighter’s talent nor how the fight was supposed to turn out. Like in any other professional sport, any team, or person, can beat any other team or person on any given night because of the smallest variables that impact the human factor of sports engagements. If everything went right with both Velasquez and Silva, I’m pretty sure the fight would have been longer. I call a knockout 81 seconds into the first round a cheap shot and a waste to the people who paid good money to see an actual fight.

**BRAGG:** Velasquez knocked Silva out in that small

amount of time because he’s more dominant. The odds going into that fight were 8-1 in favor of Velasquez. Silva only got a title shot against Velasquez by winning two upset victories within the past year, and Velasquez had already beaten the rest of the fighters in his division. To make things more one-sided, Silva faced Velasquez last year in the same arena where the fight was stopped after Velasquez battered Silva’s face in a bloody first round. Velasquez has proved he plans to reign as the heavyweight champion for a while.

**SAUTER:** I’m utterly surprised Silva would let his face get smashed twice by the same person. I guess that’s the reason why Silva’s nickname is “Bigfoot” because his face looks like an ape after being punched. I also don’t understand why Silva didn’t take advantage of the ground when Velasquez was walloping on his head. Silva is a black belt in Brazilian Jiu-Jitsu and could have at least sprawled on the ground and used his legs to distance himself from Velasquez while getting ready for a submission. This fight wasn’t a fight at all and a championship undeserving. Both fighters need to have a rematch, instead of staying with this cheap technical knockout resulting in an easy victory for Velasquez.

**BRAGG:** It doesn’t really matter that Silva is a black belt in Jiu-Jitsu. I’m sure most of the UFC fighters are black belts in some martial arts form.

What matters is a person’s ability to adapt to their opponents and find weaknesses to defeat them. Velasquez is a well-rounded type of fighter, meaning he’s sufficient in striking and takedowns. Not to mention, 11 percent of his wins were due to submissions. Velasquez stuck to what he did best: takedowns. He got in a few quick strikes to catch Silva off guard, hit him with a nice takedown to put Silva on his knees, and then he finished Silva off with continued strikes. Looking back, I don’t see how the fight could have ended up much differently. Maybe Silva might have lasted a little while longer and landed a few punches. But in the end, he still would have ended up on his knees with the reigning heavyweight champion standing over him.

**SAUTER:** The fight could have ended a million different ways. It would have been even better if the referee just let it go and let Silva decide to either get out of the fist pounding or suffer a concussion and black out. The point is to let heavyweight champions actually fight for the title instead of handing it away due to a technicality. I’ll bet Velasquez feels like he didn’t earn it because he trained so hard for a brawl and instead he got a ruling. I don’t know what possessed Silva to whimper out but that fight should have ended differently. That way, everyone, including the fighters, will know who the rightful heavyweight champion should be.



# Semper Fit Wrestling members compete on home base

Story and photos by  
**Kristen Wong**

*Marine Corps Base Hawaii*

The Semper Fit Center gym was the scene of sweat, screams and struggles as approximately 200 children statewide and a few from the mainland U.S. competed in a wrestling tournament, Saturday.

With the gym as hot as a sauna, children approached the mat in pairs, briefly shook hands and took their stances. As referees blew their whistles, the children grabbed each other firmly, struggling to pin each other down. More than 20 children from the Semper Fit Wrestling Hawaii Bulldogs, sporting red and gold singlets, represented the base.

Throughout the year, members of Semper Fit Wrestling Hawaii have competed in numerous events in the community.

Head coach Timothy Greenleaf has made an effort to reach out to local wrestling clubs and compete off base. Through this he said the team is well-represented in the community and he has formed friendships with numerous local coaches.

“We don’t stick to Hickam or Pearl Harbor to (compete),” Greenleaf said. “We go everywhere.”

In fact, two Semper Fit wrestlers are also heading to an upcoming national competition.

The wrestlers practice two hours a day, three days a week year-round, at the

School of Infantry-West Detachment Hawaii mat room. This is the 10th year the school opened its mat room to the team for which Greenleaf is extremely grateful.

Though discipline and technique are vital to wrestling, Greenleaf wanted to start by getting the children enthusiastic about the sport.

“I would like to instill first and foremost the love of wrestling so they continue it through middle school, high school and college,” Greenleaf said.

The team is made up of new and seasoned wrestlers, ages 4 to 17.

This is the second season for wrestler Benjamin McNett. McNett said wrestling is “very tiring and very emotional.” The 9-year-old wrestler said he prefers freestyle wrestling because it is more flexible than Greco-Roman style, which does not allow below-the-waist holds.

Jonathan Morrison, 7, has been wrestling for two years and said he enjoys competing in the wrestling matches. He hopes to eventually be a wrestling coach.

Christopher Piazza started wrestling after his brother, Cole, first started. Through wrestling, the 7-year-old said he met new people and increased his strength.

“It’s a long workout and you have to practice and practice and practice to get a medal,” Piazza said.

Cole Piazza, who already has a first place medal under his belt, said he enjoys wrestling, particularly a wrestling move



Semper Fit Wrestling Hawaii Bulldog Hailey Carson wrestles Nanea Estrella, of Upcountry Wrestling Club in Maui during a tournament at the Semper Fit Center gym, Saturday. Carson took first place in her division.

in which he uses both legs to take down his opponent.

As the wrestlers struggled to pin each other, coaches from both sides hollered words of encouragement and advice to achieve the upper hand.

Tyler Lende, of Detroit Lakes, Minn., saw a sign publicizing the wrestling team and contacted Greenleaf to volunteer. Lende, a Marine Corps Air Station Kaneohe Bay Marine, started wrestling at 5 years old, and competed throughout middle and high school. His love of wres-

tling inspired him to coach the team, but the children and the camaraderie among the coaches are what he enjoys the most.

Lende called the children’s performance this season “amazing.”

“I couldn’t have asked for anything else,” Lende said. “We had a few bumpy roads, but everyone keeps pushing, trying. As long as everyone tries their best that’s all we can ask for.”

Semper Fit Wrestling is competing at Kalaheo High School today and Saturday in its final championship.



Semper Fit Hawaii Wrestling coach Theodore Proia gives wrestler Skylar Gleich a peptalk during a wrestling tournament at the Semper Fit Center gym, Saturday.



Trojan Athletic Club wrestler Kai Roden (left) faces off against Semper Fit Wrestling Hawaii Bulldog Curtis Fox, at the Semper Fit Center gym, Saturday.





Lance Cpl. Janelle Y. Chapman | Hawaii Marine

Participants push themselves during the Ab Express class at the Semper Fit Center on Marine Corps Base Hawaii, May 23. There are a variety of exercises, working the participant’s entire core, back, legs and balance.

# Ab Express: Pushing past limits for rock hard abs

**Lance Cpl. Janelle Y. Chapman**  
*Marine Corps Base Hawaii*

Service members, dependents, retirees, and Department of Defense civilians crunched, pushed and leg lifted to upbeat, fast-paced music in the Semper Fit Center’s dance studio during the Ab Express class, May 23.

Upon arriving at the studio, students utilized their yoga mats and began stretching. The class instructor, Michelle Lee Dominique, told every participant to retrieve a stability ball, dumbbell weight and a weighted bar.

The 30-minute class consisted of different challenging exercises, each lasting around a minute before the beginning of a new exercise. The transition between exercises was quick, with minimal time for the muscles to rest. Not long after the class began, the floor was glistening with sweat as the class members panted and pushed through the pain.

“I love the exercises I teach because they work more than just your core,” Dominique said. “It’s different and not like boring crunches.”

The class didn’t just consist of the usual sit-ups most people think create a strong, muscular core. There were a variety of exercises, working the participants’ entire core, back, legs and balance. They did weighted sit-ups holding a weight and stability exercises on the ball. Some exercises

were simple, such as leg lifts, and some were more complex like crunching up from lying on their backs into a standing position.




Dominique demonstrated each exercise, with variations for the less experienced. After each demonstration she ran around the room encouraging people to push past the pain. She encouraged everyone to push past their limits, with her energetic personality and encouraging words. Participants received individual assistance or personalized exercises if they were unable to do the ones demonstrated.

“I try to modify the exercises,” Dominique said. “I’ll put a twist or variation if it is too difficult for the person, or if they have an injury. I want everyone to feel included, even if they can’t do a particular exercise.”

Toward the end of the class, students were moving slower as their muscles began to fatigue. Once the class was over, the Ab Express passengers chugged water, wiped sweat from their faces and stretched out. The students looked worn out, but satisfied as they put their workout gear away.

“The class is awesome and very challenging,” said Argel Sunga. “I’ve been coming to the class for two months and I’ve seen a lot of results.”

The class is held every Monday and Thursday at 5 p.m., lasting only 30 minutes. The class fills up quick so it’s a good idea to get there early.



Crime Prevention Tip of the Month

The summer months are upon us and the Provost Marshal’s Office encourages communities to practice extra vigilance to ensure children and belongings remain safe. As a reminder PMO recommends to properly secure all personal belongings, vehicles and garage doors. Every community can do their part to prevent theft and present a hard target. Be sure to report any vandalism or suspicious activity to the PMO desk sergeant at 257-2123.

A service offered to aid in the protection of homes and belongings is the House Check Program. The purpose of the program is to protect property and prevent or detect burglary, vandalism, and other crimes. Due to the unique makeup of our community here on Marine Corps Base Hawaii, residents frequently go on leave, deploy, etc. and their residence may be unoccupied for extended periods of time. In order to begin the application process, please contact the Crime Prevention Section at PMO and you will be guided through the process. For more information on the House Check Program contact Molly Pope at 257-8312.

Topic of the Month

Drug Education for Youth Program (DEFY)

The Drug Education for Youth Program is open for children ages 9 through 12. The DEFY program provides children with access and examples of tools and techniques to resist drugs such as developing leadership skills, instilling positive social skills through participation in team building, conflict resolution, and decision-making activities. Food, drinks, transportation and supplies will be provided. The DEFY Program is seeking volunteer mentors (must meet eligibility requirements). Eligible mentors must be military dependents or a military member and must be able to make a one year commitment to the program. For more information about DEFY, call Molly Pope at 257-8312.

IN CASE OF EMERGENCY, DIAL 911

PMO contact numbers and locations

To report suspicious activity/behavior or for non-emergency calls, contact the desk sergeant:  
257-1018/2123 (building 1096)

For information regarding check in/out, fingerprinting, or weapon registration, contact:  
257-6994 (building 1095)

For information regarding pet registration, fishing regulations, or lost/found animals, contact the PMO game warden:  
257-1821 (building 3099)

For information regarding vehicle decals, base passes, and vehicle registration, contact:  
257-2047/0183 (building 1637/1095 for MCB Hawaii)  
477-8734/8735 (building 601 for Camp H.M. Smith)

For information regarding traffic regulations, citations, or traffic court, contact the Traffic Court bailiff:  
257-6991/6992 (building 1095)

For all other numbers not listed, contact base information:  
449-7110

For more information, visit the PMO website:  
http://www.mcbhawaii.marines.mil/Departments/ProvostMarshalsOffice.aspx



## COMMUNITY, SPORTS BRIEFS

## Royal Hawaiian Band resumes performances

Following a brief hiatus while the Kapiolani Park bandstand underwent repairs, the Royal Hawaiian Band has resumed its weekly Sunday concerts at the popular outdoor venue.

The public is invited to join the band for the free, hour-long concerts beginning every Sunday at 2 p.m. Limited free parking is available in the bandstand parking lot. Early arrival is advised.

For more information about the band and its concert schedule, please visit <http://www.rhb-music.com> or call 922-5331.

Founded in 1836 by order of King Kamehameha III, the Royal Hawaiian Band is one of the last living links to Hawaii's monarchy. For 177 years, the band has been a vital part of Hawaii's daily life, performing for heads of state, the community and visitors alike. The band performs the best of Hawaii's musical heritage while also showcasing its finest talent in song, dance, and instrumental artistry. Band concerts express not only the music and culture of this island state, but the very essence of the aloha spirit.

## Kamehameha Day celebration

Windward Mall will honor Kamehameha the Great, the monarch who first established the unified Kingdom of Hawaii. Activities will include hula performances, musical entertainment and crafts. The event is scheduled for Saturday from 11 a.m. to 2 p.m., at Center Court in Windward Mall.

## 2013 Tinman Triathlon

Volunteers are needed for various tasks before, during and after the 2013 Tinman Triathlon, July 28.

There are various volunteer opportunities during the triathlon, such as run course marshals. T-shirts, vests and arrows will be distributed and must be returned to a coordinator at the bike corral. High school and college volunteers are needed for four hours at the bike/run transition corral, starting at 5:30 a.m. July 28. Volunteers are sought for manual labor, setting up July 27 from 8:30 a.m. to 12:30 p.m. and breaking down July 28 from 10 a.m. to 2 p.m. Approximately 10 to 15 equipment crew volunteers are needed July 28, from 10 a.m. to 2 p.m., to break down the bike corral, and transporting all equipment after the race to the Bike Shop. Provide names, T-shirt sizes and parking passes by July 18. For details, contact Joan Davis at 535-9070 or email to [jrdva4vp@hotmail.com](mailto:jrdva4vp@hotmail.com).

## Sign up for Runway Run

The Commanding Officer's Fitness Series Runway Run is scheduled for July 4 at 6:30 a.m. Register for the run at Semper Fit Center. For more information, call 254-7590.

## Join the First Tee of Hawaii

The First Tee of Hawaii is offering its junior golf program free of charge to children of active duty, reservist and National Guard service members. The program is open to children ages 7 to 18 at the Bay View Golf Range Driving range on Kaneohe Bay Drive, Sundays at 11 a.m. The program teaches valuable life skills, and participants learn how to play golf. To register, show up to practice Sundays at 11 a.m. For details, go to <http://www.thefirstteehawaii.org> or call 478-3466.

## Childbirth classes taught at ASYMCA

Expecting a baby? Simplify your birth experience with childbirth classes located at the ASYMCA on base. Dates for upcoming group class series are June 20 and June 27. The classes are in a series of five sessions, from 6:30 to 9 p.m. There is a fee.

Childbirth education has the potential to reduce fears and manage pain, teach what to expect and what choices are available. The class covers topics including pregnancy comfort and nutrition, and stages and phases of labor. This class does not cover the benefits or drawbacks of drugs. It's about preparation and building confidence for the big day.

The best time to take childbirth education is when the mother-to-be is about 30 weeks along in her pregnancy. Classes are taught by Nicia Platt, a military spouse and Lamaze certified childbirth educator. Call 780-1357, email [nicia@rightpathbirthclass.com](mailto:nicia@rightpathbirthclass.com), or visit <http://www.rightpathbirthclass.com> for details.

## 101 Days of Summer swim meet

The 101 Days of Summer swim meet is scheduled for Friday, June 21 at 7 a.m. The entry deadline is June 19 at 5 p.m. Individual events include the 50-meter backstroke, 50-meter breaststroke, 50-meter butterfly, 50-meter freestyle, 200 meter individual medley (50-meter of each stroke) butterfly, backstroke, breaststroke, and freestyle. Units can also enter four-person 50-meter relays for butterfly, backstroke, breaststroke, freestyle and a team medley of all four styles. The 120 points, 20 points per person, maximum of six people. For more information about event, contact Health Promotion Coordinator at 254-7636.

## Talk Story Camp

Come to the 3rd annual Talk Story Camp, July 19 to 21, for three days and two nights of stories at Camp Paumalu on the North Shore of Oahu.

It will be a convergence of storytellers and families in the hills of Pupukea. There will be local storytellers and mainland guests, food, hikes, workshops and more. For details email [jeffgere@lava.net](mailto:jeffgere@lava.net) or call 737-1774.

## Pearl Harbor Naval Shipyard seeking apprentices

Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility is seeking apprentices. Apprentices receive full-time employment, hands-on training, and a tuition-free Applied Trades degree from Honolulu Community College. Applications must be submitted through <http://www.usajobs.gov>. Eligible applicants must be U.S. citizens and 18 years old at the time of appointment. Males are required to be registered with the Selective Service System.

Applicants who do well on the exam are scheduled for a personal interview, and will be required to pass a physical exam to obtain a security clearance. All notifications are made through email.

At the end of four years, apprentice program graduates will have a minimum of 7,200 hours of training in on-the-job training; trade theory; and academic study. For details, visit <http://www.phnsy.navy.mil>.

## 101 Days of Summer volunteers needed

The Health Promotion Office needs volunteers for the 101 Days of Summer events to help at the health fairs, the field meet and the final Nuupia Ponds Fun Run/Walk. Call Karley Peterson at 254-7593 or Neil Morgan at 254-7636 with questions.

## Talk Story Camp

Come to the 3rd annual Talk Story Camp, July 19 to 21, for three days and two nights of stories at Camp Paumalu on the North Shore of Oahu. It will be a convergence of storytellers and families in the hills of Pupekea. There will be local storytellers and mainland guests, food, hikes, workshops and more. For details email [jeffgere@lava.net](mailto:jeffgere@lava.net) or call 737-1774.

# MARINE MAKEPONO

Means 'Marine Bargains' in Hawaiian

**Kaneohe studio apartment for rent.** Large deck with ocean view of Chinaman's Hat and Marine Corps Base Hawaii. Includes custom bathroom with hot tub/shower, covered parking, refrigerator and sink with disposal. No smoking or barbecuing. \$1,300. Call 239-5459 for details.

If you would like to sell, buy or trade something in the Marine Makepono section of the Hawaii Marine, fill out a form at the Marine Corps Base Hawaii Public Affairs Office in building 216, room 19. Please have your military ID and a short write-up of what you'd like to run. You can fill out the form on the spot or return it to the office later. Emails, faxes and telephone calls are not accepted for Makepono classified ads. Marine Makepono may only be used by active duty, reserve, retirees or their immediate families.



# Hawaii Marine Lifestyles



## ‘ROCKING OUT’ AT FREE DAY

Several hand-painted rocks dry at one of the free activity stations during “Let’s Rock,” a Free Day event held Sunday at the Honolulu Museum of Art School. Visitors could also complete a treasure hunt and create their own rock instruments.

**Story and photos by  
Christine Cabalo**

*Marine Corps Base Hawaii*

**HONOLULU** — Geologists and artists were the rock stars of the latest Free Day event themed “Let’s Rock,” held Sunday at the Honolulu Museum of Art School.

“Let’s Rock” is the nonprofit organization’s fourth Free Day, a monthly event open to the public. This month’s theme featured a firsthand look at minerals and gems. Each Free Day includes exhibits and hands-on activities for all ages.

“Hands-on art is essential for children,” said Vince Hazen, the director of the Honolulu Museum of Art School. “Being around art every day can give better value to your lifestyle. Art education can really help with a child’s schoolwork.”

Rocks of all shapes and sizes were on display. Some were available for people to paint and take home. Bud Spindt, who teaches glass fusion at the school, made other minerals into glass spheres. Some rare rocks, including pieces of meteorite that crash-landed in Russia in February, were available for the public to hold.

Maj. Greg Curtis, the aide to the deputy commander of U.S. Pacific Command, brought his family to see the Russian meteorites and visit the school. He said the event was fun and educational.

“Art is really important for children,” Curtis said. “Here they get to see and experience handling these different rocks, from various areas of nature and the environment. These are items from all over the world.”

Members of the Hui Pohaku O Hawaii, or Rock and Mineral Society of Hawaii, were at the event to showcase their own collections and describe each mineral or gem’s history. The group, which meets at Makiki District Park every fourth Thursday of the month, brought collections to the event and helped conduct a treasure hunt for visitors.

“We’re glad to work with local clubs for the enrichment of children,” said Susan Kang, the outreach program manager of the Honolulu Museum of Art School. “One of our instructors, Brenda Reichel, teaches gemology at the school and helped us with today’s events.”

Reichel recently used her gemology skills to identify a Super Bowl ring that was lost at Waikiki Beach in 1971. Reichel, who has worked with gems since she was 12, said each stone tells a story.

“Some people want to learn about stones so they know if they get good value for their gems,” she said. “Others are looking into (gemology as a new) career.”

Visitors also rocked out with some rock music. Several performers, including live music from local rock and roll band Mano Kane, played for the crowd. Children could make their own musical rock instruments inside the school.

For those who preferred more classic rock, Keith Krueger brought several items from his fossil collection. Among them were shark’s teeth that were five to 15 million years old and a pair of woolly mammoth teeth.

Whatever the story behind each gem and mineral, Free Day visitors learned to get a little boulder about their love of rocks.

For more information about the programs offered at the school, see [http://honoluluuseum.org/11984-academy\\_art\\_center](http://honoluluuseum.org/11984-academy_art_center).



**Bud Spindt, a glass fusion instructor, spreads out bits of coloring material to add to his glass spheres. Spindt demonstrated how to blow glass using a furnace and other tools to safely handle hot glass.**



**LeAnn Yamamoto, an art instructor with the Honolulu Museum of Art School, paints one of several rocks at a free activity station during the school’s Free Day event, Sunday. Yamamoto and several other volunteers helped visitors use acrylic paints to decorate rocks they could take home.**



**Lillie and Josie Holzach decorate their own drums during “Let’s Rock” Free Day event, Sunday at the Honolulu Museum of Art School. Children also made rain sticks and tambourines among other art crafts.**



**A pair of woolly mammoth teeth from Keith Krueger’s collection is displayed during the Honolulu Museum of Art School’s Free Day event, Sunday. The theme, “Let’s Rock” featured several activities involving minerals and gems. Visitors could go on an exhibit treasure hunt and earn a free stone.**



PASS

IN

REVIEW

Your weekly guide to the best aspects of entertainment

Welcome to the Pass In Review, your No. 1 source for cinema, music, video game, book and product reviews. The Pass In Review crew consists of more than 10 critics, each with their own idea of what makes a movie, album, game, product or book great. So be sure to take advantage of the Better Know A Critic section, which spotlights this week’s critics to better help you choose the critic with opinions most like your own. Using our breakthrough four-point scale system, you can quickly decipher what is worth your time and what isn’t, or read the full review for an in-depth analysis and explanation of the rating. The rating system uses ammunition and range terminology, so if you’re not familiar, here’s a quick breakdown of the ratings ...

- 1/4 — No Impact, No Idea

Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.
- 2/4 — High And To The Right

Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if there’s nothing better to do.
- 3/4 — On Target

Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.
- 4/4 — Confirmed Kill

Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself.

So, there you have it and we hope you enjoy our weekly reviews. Don't forget, the Hawaii Marine accepts submissions from its readers so if you consider yourself a film buff, music aficionado, gaming geek or bookworm, feel free to submit your own reviews.

Better Know A Critic



CHAPMAN

**Lance Cpl. Janelle Y. Chapman** enjoys various movies, from 80s to romance to thrillers. She needs to feel what the character feels, the sadness, the pain, the happiness. If she doesn’t feel it, then she will lose interest. Movies must have an interesting, original plot, good acting, and a little romance. But every movie has a chance in her eyes.

‘Now You See Me’ — preferably on DVD

Lance Cpl. Janelle Y. Chapman

Marine Corps Base Hawaii

“Now You See Me” is an original and clever film in which four magicians come together to perform the most outstanding trick ever — causing a stir in the nation by robbing a bank through teleportation. But is their magic real?

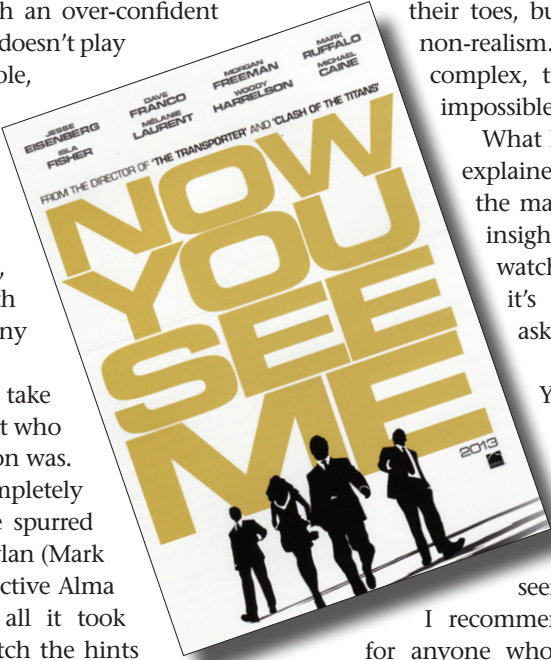
In this well-acted film, four magicians are drawn together by an unknown being to do something that has never been done before. “The Four Horsemen,” as they call themselves, use their individual talents to prove that magic is real and not an illusion. The FBI is doubtful the trick is actually magic and believes what the “magicians” are doing is stealing money.

With the FBI always a few steps behind, the Four Horsemen travel and perform three amazing, and seemingly impossible, tricks, proving they can out-smart and out-perform anyone. But along the way, they receive help from former magician Thaddeus Bradley, (Morgan Freeman) who uses his expertise to expose the truth behind their “magic.”

There are many twists and turns, but if you look at the larger picture, you will solve the mystery long before the final draw.

The whole movie is filled with quirky humor, an exciting plot, and great acting personalities. Isla Fisher plays an amazing role as Henley, the only female in the Four Horsemen, with an over-confident personality. Dave Franco doesn’t play much of an important role, but does a good job with his small place in the magician crew. Jesse Eisenberg and Woody Harrelson both play convincing roles, stealing the limelight with their rivalry and corny jokes.

However, it didn’t take much for me to figure out who the brains of the operation was. It’s not that it was completely cliché, like the romance spurred between FBI detective Dylan (Mark Ruffalo) and French detective Alma (Melanie Laurent), but all it took was a second look to catch the hints needed to discover the mystery.



The movie was very original, from the plot to the characters. It wasn’t the usual old school movie remake. It had an interesting story that kept everyone on their toes, but was a little too over the top, with non-realism. The plot was well put together with complex, tight-lipped characters and seemingly impossible tricks and performances.

What I liked most was the fact that Freeman explained each performance, giving away the magic factor but also offering a different insight. It was a different experience than watching the performance wondering how it’s done. It brings out the inner child asking, “How do they do it?”

But still, “Now You See Me” isn’t my type of movie, so I’ll be waiting until it’s on DVD before seeing it again. But I recommend this movie for anyone who likes mystery movies with a magical twist.

2/4

(High and to the Right)



